



CATEGORY

Bakery



OCCASION

Foodwaste



FINISHED PRODUCT

Crispbread

FOOD WASTE RECIPE: CRISPBREAD MADE WITH BREAD CRUMBS

OVERVIEW

In Sweden, we have an old tradition of FIKA. Read more about it [here](#). Within this tradition, it is very common to enjoy the concept of "7 little cookies" served to a large pot of coffee. Below is a recipe for a zero-waste type of crispbread, made using leftover dry bread. This recipe not only helps to reduce food waste but also results in a tasty and practical product. By using leftovers from previous baking sessions as a base for this recipe, you can avoid throwing away food and instead create something new and useful. With this zero-waste recipe, you can both contribute to reducing food waste and enjoy a delicious, crispy crispbread!

CRUSTY FLOUR WHITE BREAD

INGREDIENTS

Group 1

Ingredient	KG	%
White bread crusty flour	0.200	26.00
Wheat flour	0.150	19.50
Water	0.400	51.90
Brown linseed	0.010	1.30
Mais gritz	0.010	1.30
Total Weight:	0.770	

METHOD

1. Use dry old bread. Slice the bread and place on a perforated baking sheet.
2. Put in the residual heat in an oven and dry overnight. Alternatively, bake at about 150 degrees Celsius for 20-30 minutes.
3. Mix the bread in a food processor. Make sure the bread is dry before.
4. Mix all the ingredients with a hook. 3 minutes slowly, 3 minutes quickly.
5. Roll out to a thickness of 2-3 mm. Prick and divide into desired sizes.
6. Place on a perforated baking sheet. Sprinkle with optional toppings.

Baking temperature: 145°C

Baking time: 35-40 min

Open damper.

MAIZE BREAD CRUSTY FLOUR

INGREDIENTS

Group 1

Ingredient	KG	%
Maize bread crusty flour	0.200	26.70
Wheat flour	0.150	20.00
Water	0.400	53.30
Total Weight:		0.750

METHOD

1. Use dry old bread. Slice the bread and place on a perforated baking sheet.
2. Put in the residual heat in an oven and dry overnight. Alternatively, bake at about 150 degrees Celsius for 20-30 minutes.
3. Mix the bread in a food processor. Make sure the bread is dry before.
4. Mix all the ingredients with a hook. 3 minutes slowly, 3 minutes quickly.
5. Roll out to a thickness of 2-3 mm. Prick and divide into desired sizes.
6. Place on a perforated baking sheet. Sprinkle with optional toppings.

Baking temperature: 145°C

Baking time: 35-40 min

Open damper.

TOMATO BREAD CRUSTY FLOUR

INGREDIENTS

Group 1

Ingredient	KG	%
Tomato bread crusty flour	0.200	26.00
Wheat flour	0.150	19.50
Water	400.000	51.90
Total Weight: 400.350		

METHOD

1. Use dry old bread. Slice the bread and place on a perforated baking sheet.
2. Put in the residual heat in an oven and dry overnight. Alternatively, bake at about 150 degrees Celsius for 20-30 minutes.
3. Mix the bread in a food processor. Make sure the bread is dry before.
4. Mix all the ingredients with a hook. 3 minutes slowly, 3 minutes quickly.
5. Roll out to a thickness of 2-3 mm. Prick and divide into desired sizes.
6. Place on a perforated baking sheet. Sprinkle with optional toppings.

Baking temperature: 145°C

Baking time: 35-40 min

Open damper.